



COLLEGE OF MEDICINE NEWSLETTER

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DEAN'S MESSAGE OF THE MONTH



As we approach the end of this academic year, I would like to thank His Highness Sheikh Dr. Sultan bin Mohammed Al Qassimi, the Sovereign Ruler of the Emirate of Sharjah and Member of the Federal Supreme Council of the UAE, His Highness Sheikh Sultan bin Ahmed Al Qassimi, President of the University of Sharjah, and Prof. Hamid Al Naimiy, Chancellor of the University of Sharjah, for their continuous support. Congratulations to our students on achieving excellent grades in the IFOM examinations. I would also like to congratulate our graduating batch of students, as well as their parents, on their efforts and achievements. We are proud of the achievements of all our students.

I would like to thank the faculty and staff for their hard work during the exam period. I wish all students the best of luck on their examinations, and I ask them all to look after themselves; sleep, and eat well so that they are well-rested and in good health to take on the next few weeks. I look forward to seeing you at the graduation ceremony that will be held on 17th June 2023. Wishing you and your families Eid Mubarak and a pleasant yet productive summer break.

COLLEGE

NEWS

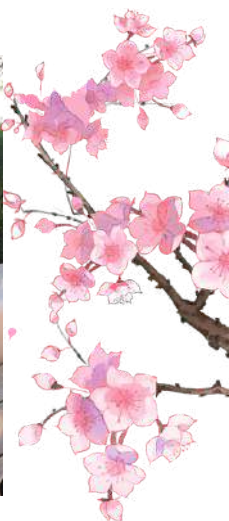
National Disaster Medical Center

To improve the future first line of defense's capabilities, the University of Sharjah signed a Memorandum of Understanding with "Jahiziya", a medical readiness and response program. This collaboration aimed at establishing the National Disaster Medicine Center at the Clinical and Surgical Training Center. The first Basic Disaster Life Support course was held on 12th April 2023.



International Students' Elective at UHS

In an effort to encourage inter-cultural collaboration, two 6th year medical students from Mie University in Japan were accepted to conduct their clinical elective at the University Hospital Sharjah. The college is eager to welcome more international students for their electives.



Memorandums of Understanding

Dr. Zainab Al Shareef, a pioneer Emirati researcher, introduced two companies to sign Memorandums of Understanding (MOUs). These agreements aim to foster joint research and development initiatives between the University of Sharjah and the private sector.

An MOU was signed between the University of Sharjah's Asthma Research group, headed by Prof. Qutayba Hamid, and Acoustech IT Solutions, represented by Ilman Shazhaev (CEO) and his team, a company renowned for its innovative implementation of sound systems in medical diagnostics.

The second MOU was signed with AQ Skin Solutions INC and the University of Sharjah's Diabetes Center and was led by Prof. Salah Abu Sanana and Dr. Bashair Mousa. AQ Skin Solutions was represented by Dr. Ahmed Al-Qahtani, a pioneer in the field of Growth Factors in wound healing and tissue regeneration.

The signing ceremony of both MOUs was attended by General Walid Al Mannai, Director of the General Department for Local Development and Innovation of the Deputy Chief of Police and Public Security in Dubai, Prof. Bassam Mahboub from Rashid Hospital, who heads the Asthma and Allergy Section of the Dubai Health Authority, as well as distinguished guests from academia and industry.

The signing of these MOUs marks an important milestone in the university's efforts to enhance its collaboration with the private sector in advancing scientific research and promoting innovative and practical solutions to address pressing societal challenges. The University of Sharjah is committed to fostering a culture of innovation and collaboration, and these MOUs represent a significant step in this direction.



FACULTY

NEWS

Mohammed Bin Rashid Medal for Scientific Distinction

Prof. Qutayba Hamid won the Mohammed Bin Rashid Medal for Scientific Distinction in its 4th edition. He also received the Mohammed Bin Rashid Award for Support of Scientific Research. Attended by His Highness Sheikh Mohammed Bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, the award ceremony took place on 9th April 2023.



Fellowship at Royal College of Physicians

Utmost congratulations to Prof. Basema Saddik for being elected to receive a fellowship by distinction award from the UK Faculty of Public Health at the Royal College of Physicians. This fellowship was awarded in recognition of being distinguished for her outstanding national and international contribution to public health research and practice. Prof. Basema will be formally admitted to the fellowship during the faculty's annual general meeting and awards ceremony on 27th June 2023.



Board Director for TUFH

Dr. Mohamed Taha has been elected to serve as the board director for the Eastern Mediterranean Region of The Network Towards Unity for Health (TUFH). TUFH is an international and intersectoral organization that aims to enhance global health by promoting equitable health services, education, and research at the community level.



Obstetrics and Gynecology Conference

Dr. Noha Mousa and Dr. Ghada Mohammed participated as speakers in "The First International Gynecologic & Obstetric Conference" on March 2023. Dr. Ghada Mohammed presented a talk about "The Value of Urodynamics in the Management of Stress Urinary Incontinence" and Dr. Noha Mousa spoke about "Hormonal Interventions for Prevention of Breast Cancer: The Gynecologist's Role".



Dr. Noha Ahmed Mousa
Specialist Obstetrician and Gynecologist



Dr. Ghada Siddig Abdin Mohammed
Specialist Obstetrician and Gynecologist

Talk on Hypertension

On 30th March 2023, Dr. Sarra Shorbagi presented a talk about hypertension and how to prevent its complications. Through the virtual session, she emphasised on the importance of accurate diagnosis of hypertension as well as the practice of a healthy lifestyle as part of its management.



Ramadan Medical Webinar

Prof. Maha Saber, in an effort to educate young university students regarding lifestyle and health habits during the holy month of Ramadan, presented a webinar titled "Your Health in Ramadan" at the University of Sharjah, Kalba Branch.



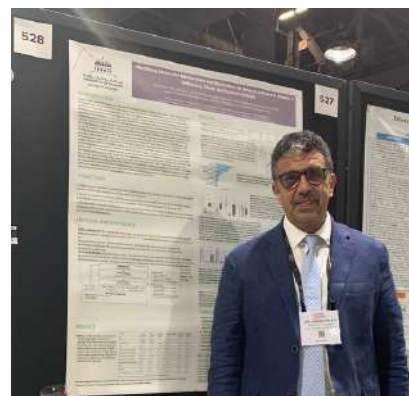
Lecture on Psychological Skill Development

Dr. Hamid Alhaj presented a lecture regarding the development of psychological skills that can aid in achieving professional excellence and distinction. The talk was organised by the Sustainability Office and was held on 13th April 2023.



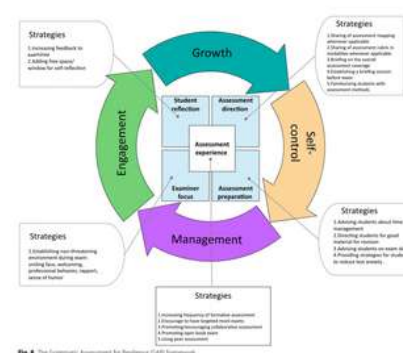
Faculty Presentation at Summit

Dr. Adel Elmoselhi presented his recent publication "Circulating microRNAs as potential biomarkers of early vascular damage in vitamin D deficiency, obese, and diabetic patients" at the American Physiological Society Summit in 20–24th April 2023. The study is a collaboration between several faculty members of the College of Medicine, including Dr. Mohamed Seif Allah, Dr. Naveed Khan and Prof. Rifat Hamoudi.




SAR Framework

Dr. Sarra Shorbagi and Dr. Mohamed Taha, alongside researchers from Saudi Arabia and Malaysia, developed and published the SAR Framework, a pioneering approach to the promotion of resilience in medical students through assessment planning and practice. The framework incorporates multiple practical guidelines for medical educators to help students develop the resilience they need to tackle challenges they may face during their careers.



Medolution



GENE THERAPY

BY : RAMA QADRI

A happy, healthy child is the apple of every parent's eye and their utmost wish in life. Meaning any cough or scrape is met with overwhelming concern and a prompt trip to the hospital. Thankfully, most children turn out to be alright, albeit with a little medication or an overnight hospital stay. It is unfortunate, however, that there are children for whom no amount of treatment can cure, and one such child was Ashanti DeSilva, whose tendency to develop frequent infections raised red flags with her parents and pediatricians, leading to the diagnosis of Severe Combined Immunodeficiency, or SCID.

A genetic mutation affecting the B and T cells of the immune system, SCID leaves the child with virtually no protection from the ever-present pathogens that invade our bodies. Ashanti in particular had defective copies of the adenosine deaminase (ADA) gene. The diagnosis is a brutal one, as SCID can be fatal without the necessary treatment. In 1990, there were only two options for four-year-old Ashanti, enzyme replacement therapy (PEG-ADA) or bone marrow transplantation. The first was a long-term medication that had slowly begun to fail, and the second was inaccessible, because no donor matches had been found. Prospects were grim until Ashanti's parents crossed paths with French Andersen, a geneticist at the National Institute of Health who was seeking a human subject for the first human trial using gene therapy.

Andersen's proposed treatment was this: extract blood cells from Ashanti, use a viral vector to introduce working copies of ADA in them, and then insert them to her again. Although simple in theory, this clinical trial took two years, seven regulatory committees, and over 20 hours of public hearings to shine the green light. After all, just because it worked on animals and plants does not necessarily mean humans will benefit or that they will be free from unwanted side effects. Ashanti and her parents, however, when faced with no other choice, accepted the risk and were rewarded: Ashanti's white blood cells counts skyrocketed and her health improved. Two years later, she was cleared to attend public school. She is alive and healthy to this day.

The experiment could be called nothing short of a success. Eager to explore the benefits of this wonder drug, hundreds of laboratories and thousands of patients were recruited, only for it all to come to a screeching halt. Two experimental trials revealed that not all the shines is gold: fifteen out of twenty SCID patients in one study developed leukemia, and a patient with the metabolic disorder ornithine transcarbamylase deficiency syndrome deteriorated rapidly and was declared brain dead only four days following gene therapy treatment.

Since then, gene therapy has been the black sheep of up-and-coming experimental treatments. Despite Ashanti's success being over 30 years ago, only a few gene therapies have been FDA approved so far. However, many hundreds of trials are underway, each with the hope to change lives the same way Ahanti's was.

Reference:

Naam, R. (2005, July 3). 'More Than Human'. The New York Times. Retrieved April 29, 2023, from <https://www.nytimes.com/2005/07/03/books/chapters/more-than-human.html>

Potential Differential



A Healthy Toxicity



By : Leena Amir

A common saying that is best appreciated in hospitals and clinics is that too much of anything– even if initially beneficial– is good for nothing, so patients must always ensure that things are in moderation.

VP, a 36-year-old man, presents to the emergency room unconscious, having been found on the floor, unresponsive, with an abnormal heart rhythm. VP's father was recently diagnosed with diabetes and VP decided to support him by starting a healthy regimen. He decided to walk daily and cut off added sugars but the only form of candy he could not give up was liquorice, as he heard of its health benefits. Moreover, since he ensured getting it from a natural source, he would eat handfuls of liquorice every day, and this continued for months. Throughout this duration, VP felt healthier and happier. The only drawback he noted was the creeping presence of a headache from time to time, but he simply attributed it to his body adjusting to his newly found regimen.

A few weeks ago, VP had noticed some muscle soreness in his right calf but thought nothing of it. A couple of days ago he noticed his vision getting blurry but thought to change his prescription glasses. However, today during lunch, VP suddenly gasps and collapses to the floor. Immediately his body starts shaking uncontrollably and bystanders gather around as he turns blue. A final year medical student emerges from the crowd and immediately starts chest compressions while paramedics arrive and resuscitate VP on the way to the emergency room.

Once stabilized, initial investigations are done and VP's blood test reveals hypokalaemia and leucocytosis. His blood pressure is also increased and further tests show that VP's liver cells were wasting away and leaking enzymes into his bloodstream. Muscle proteins were also found in VP's blood as muscle degradation is an effect of hypokalaemia. This is because low potassium levels prevent muscle relaxation and cause constant contractions. In the heart, this can lead to its arrest. The drop in potassium levels was likely due to its elimination via the kidneys and the leucocytosis could be due to the release of cortisol from the adrenal glands, due to stress. When aldosterone binds to the kidneys, it signals them to reabsorb sodium from the urine, which in turn is followed by water, explaining the increase in his blood pressure. But despite explaining his symptoms, doctors still do not know what triggered them and as the hours pass, doctors confirm that what little is left of VP's urine has large amounts of potassium in it.

Symptomatic treatment is started, and VP's potassium levels were brought back up with IV potassium chloride. His blood pressure starts to normalize after more medicines were administered and after a couple of days, VP regains consciousness but is still not out of the ICU. As soon as doctors are able to question him, they immediately understand the root cause behind his problem and remember a very suitable saying to advice VP with.

What is the main culprit behind VP's cardiac arrest and how could it have been caused?

Answer the questions and check if you are right by filling out the form! [CLICK HERE](#)

BASED ON A TRUE STORY

During my surgery rotation, attending with a known specialized breast surgeon who I deeply looked up to, I knew I needed to make the most of this. Right before entering the OR, I swiftly checked the procedure title so I wouldn't be clueless; "Nipple reconstruction surgery" let's go!

After having spent 3 hours in the corner without a word, desperate to establish my presence, I gathered myself and asked, "Will the new nipple be as functional as the old one?"

The surgeon stopped immediately, time slowed down as he turned toward me to say, "This is a bilateral complete mastectomy..." his deep stare directed at me, "There is no glandular tissue."

Needless to say, I did not make the impression I hoped for.



Three weeks into my surgery rotation, I've become an expert at standing in a corner trying to get a good view of the patient. Finally, a golden opportunity arose to scrub in!

Gladly, every suture was flawlessly placed, and I was proud of my work. After surgery, the scrub nurse took me aside and informed me she'd add my name as an assistant to the surgeon, deserving of that position, "Amal, it'll be on the hospital's operative report system."

Ecstatic to be included, I ran to my computer excited to finally see it!

"What? There's no way", repeatedly rubbing my eyes just in case this is a mistake...

An autocorrected "Dr. Anal" is now forever preserved as the medical student assistant to an important surgery.



STUDENTS' CORNER



اللهم إُدفع
البلاء عن إخواننا
في سوريا
وتركيا
وارحمهم
برحمتك يا ارحم
الراحمين.
الصورة من
أنطاكيا-تركيا
6/2

Ahmad Hajji
Year 1



الحمد لله الذي
بلغني هواء مكة و
سكنتها.

Alya Aljasmi
Year 2



Photography
enables me
to capture
the
moments
which
overwhelm
my soul with
solitude.

Nada Haneefa
Foundation Year



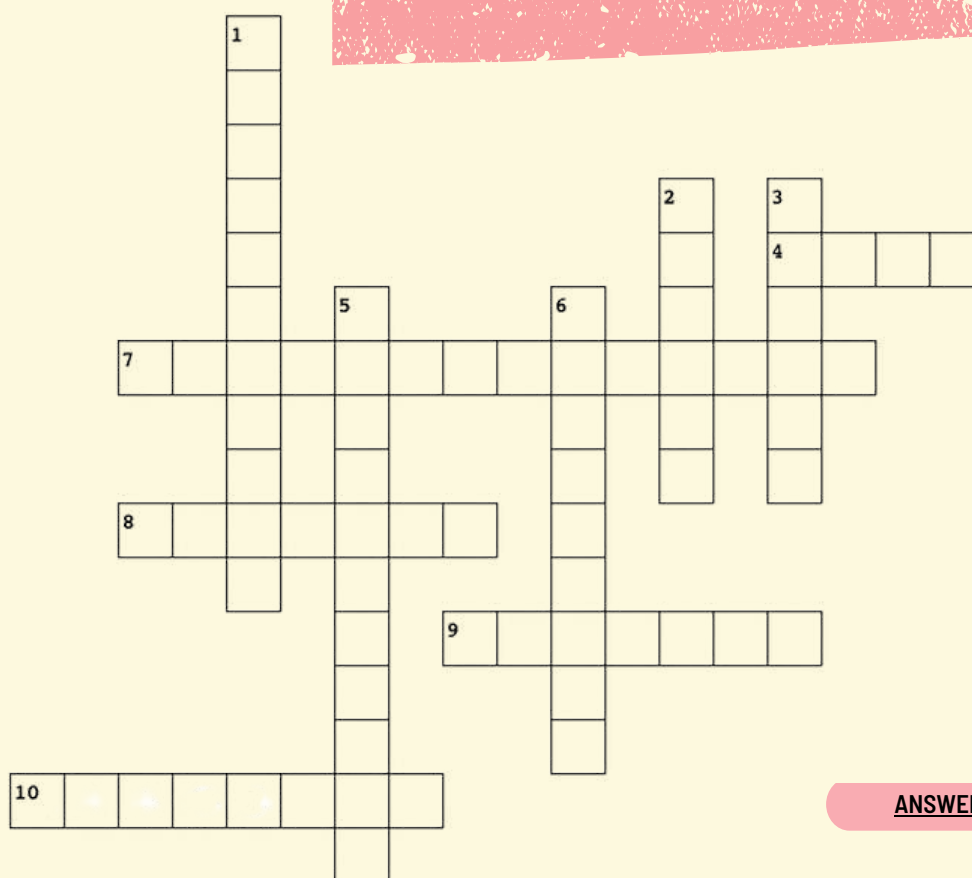
To
anime/marvel
lovers out there
:)

Razan Abdalla
Foundation Year

Cross Examination

Click on the icon to access an interactive version of the crossword. You can type in your answers and it will check if they are correct. Good luck!

CLICK HERE



ANSWER KEY



Across

4. Pink needle-shaped rods common in AML
7. Hormone that can lead to polycythemia
8. Vegetable highest in iron content (Popeye's favourite)
9. A lymphoma due to translocation between chromosome 8 and 14
10. First generation Tyrosine Kinase inhibitor

Down

1. A term to describe spoon nails in anemia
2. Got credit for discovery of leukemia
3. In sickle cell anemia, glutamic acid is replaced by ___
5. A condition with deficient globin synthesis
6. Disease that started vampire legend

STUDENT'S LETTERBOX

LIVING FOR NONE

Is it just a gut feeling?
When you're here but actually not.
Can't you hear my heart wheezing?
Of all the "what ifs" and "hope nots."

All the troubles crammed in a shot.
Who knew of that much hatred?
Yet your mouth is sealed shut.
Say it, and life you'll dare it.

A happy life is one that hurts most.
First, your head's up high, then you lose.
Did you really think living a lie had no cost?
This phone won't be put on snooze.

As you grow into different phases,
Chaos and confusion you'll feel.
As you meet new faces,
Your soul, none will keep and all will steal.

3 AM talks with the moon
About life and such strange situations.
In a blink of an eye, the moon's gone too soon.
Though you already knew of that extermination.

So, you flip a page,
Flip a coin.
And up on stage,
None will join.

Now you know the happy feeling,
When your life is in your hand.
With joy, you will be steering,
To the endless Neverland.



RAHMA AHMED
YEAR 1

MEDICAL STUDENTS' EIDIYAH

By: Haneen Radwan





Class of 2023

CONGRATULATIONS!



CLICK HERE

OUR TEAM

We hope you enjoyed reading the newsletter as much as we enjoyed working on it. We look forward to another productive year full of exciting content and fun activities!



HIBA BARQAWI

Editor-in-chief



SALMA ELDESOUKI

First Editor



HANAE AL CHAME

Creative Director



ALYA ALJASMI

Creative Team



REHAB JAMALI

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HANEEN RADWAN

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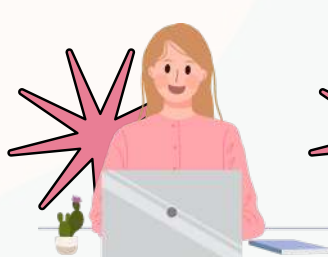
RAMA QADRI

Editorial Team



AHMAD KHAZALI

Editorial Team



SNDS SALAMA

Editorial Team



LAMEES AMIR

Editorial Team



SHAHD FARIS

Editorial Team



The College of Medicine Newsletter Team is sad to say goodbye to their First Editor- Salma Eldesouki. She has been invaluable to the team since she joined in 2020. She leaves behind big shoes to fill. We wish her all the best in the future and a successful medical career.

FAREWELL



NO. 1 BOSS!

"Dear COM newsletter team,

I would like to express my sincerest gratitude to Dr. Hiba Barqawi for her constant support and unwavering faith in me. I was blessed to have her as both my Editor-in-Chief and mentor. Thank you to the rest of the team for making this an incredible experience. It was a true pleasure working alongside brilliant, dedicated people. I will always hold dear the memories we created as a team, and I am confident that you will continue to take this newsletter to new heights.

Dear COM newsletter readers,

I want to thank you all for your readership and support; it has been a joy to interact with so many of you and to receive your feedback and ideas. I have no doubt that this newsletter will continue to exceed your expectations. Thank you and farewell."

-Salma Eldesouki

FAREWELL

The College of Medicine Newsletter Team is sad to say goodbye to their Creative Director - Hanae Qousae Al Chame. She has left her creative mark from the moment she joined the team in 2020. We wish her all the best in the future and a successful medical career.



"Dear team,

It is with a heavy heart that I write my final message as the Creative Director of the College of Medicine newsletter. Joining the team in 2020 was one of the best decisions I have made, and working with such a talented and passionate group of individuals has been an honor and a privilege. Together, we have produced a newsletter that has informed, inspired, and engaged our readers, and I am immensely proud of what we have accomplished. I will always cherish the memories we have created, and I wish you all the best in your future endeavors."

- Hanae Qousae Al Chame



FAREWELL



The College of Medicine Newsletter Team is sad to say goodbye to their editor, Rama Qadri. She has been invaluable to the team since she joined in 2020. She set the bar high with her column and well-written pieces. We wish her all the best in the future and a successful medical career.



"It's a difficult goodbye to make, when you've been part of something for so long, when you dedicate hours and days to its completion, it becomes part of your identity and your day-to-day life, a mark that is always on your calendar, now to be erased. However, the true challenge is leaving behind the team of people that have become more than your colleagues or friends. I am forever thankful to them for making my experience at the newsletter an unforgettable one, and for inspiring me with their enthusiasm and ingenuity. I am privileged to be a member of their team. Special thanks to our Editor-in-Chief, Dr. Hiba, for being a fantastic leader and advisor to us without whom this newsletter would never have existed. Thank you, and farewell."

- Rama Qadri.